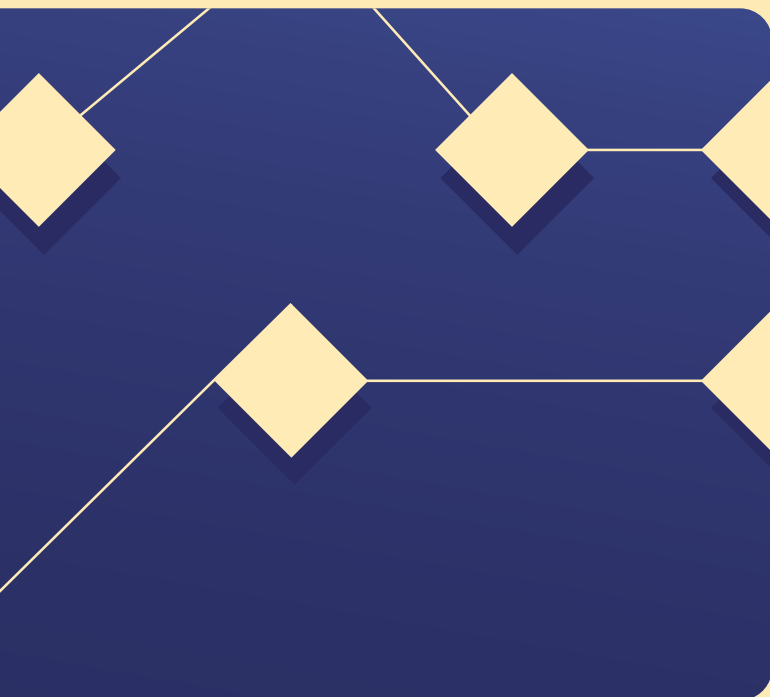


Pre.S.Age

**A Personalised Approach to Preventing Loss of Autonomy
among Elderly People: Accessibility, Empowerment, and
Environmental Adaptations**



Acceptability

Digital Inclusion

Education

Exposome

Nutrition

Physical Activity

Socio-Ecological Approach



This project is supported by the Priority Research Program (PPR) Autonomy

Pre.S.Age in Brief



Preventing the loss of autonomy among elderly people by developing accessible and personalised policies and programmes supported by technological developments.

Project Leader: Raphaël Zory, researcher in the science and techniques of physical and sports activities (STAPS).

 **30**
researchers

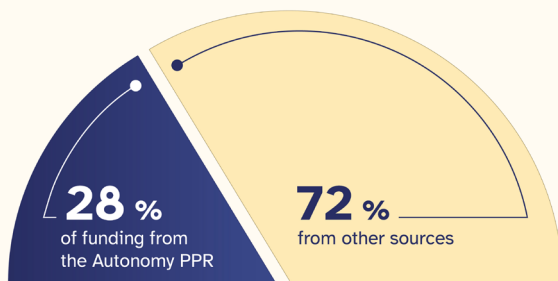
 **9**  **6**
PhD students postdoctoral researchers

 **3** 
partner graduate schools

16
Master's trainees

1
summer school

 **5 years**
of funding



Disciplines Involved

Biology

Social Design

Geography and Urban Planning

Computer Science

Psychology

Public Health and Health Sciences

Political Science

Human Movement Science

Sociology and Anthropology

Pre.S.Age in Detail

Context

As France's population ages, preventing autonomy loss among elderly people has become an increasingly crucial objective. However, current medical-based prevention programmes have certain limitations.

Given the heterogeneity of individual situations among older adults, it is essential to develop personalised approaches to preventing autonomy loss that take into account the diversity of their living environments, social situations, individual capacities, and personal goals. Moreover, barriers to access, such as geographical distance, socio-economic difficulties, or lack of information, must be addressed to ensure that all older can benefit from these programmes.

Project's Objectives

- 1** Develop personalised loss-of-autonomy prevention programmes that are accessible to all older people and foster long-term behavioural changes for better health.
- 2** Implement tailored technological solutions co-designed with relevant stakeholders.



The Pre.S.Age project aims to deepen our understanding of key factors influencing access to care. What is the best way to involve people in loss-of-autonomy prevention programmes? What are the conditions necessary for these programmes to be effective?

A particular focus is placed on technological solutions, which can optimise relatively scarce human resources while adapting to the diverse needs shaped by social, cultural, economic, and environmental factors.

Work Program

- ✓ Investigate individual, social and environmental determinants of autonomy loss and access to prevention programmes as people get older.
- ✓ Develop prevention schemes that are accessible and adapted to the needs of all.
- ✓ Study the effects of these schemes on older people's life trajectories to assess their impact.

Methodology

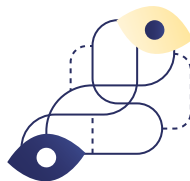
Pre.S.Age research team conducts an extensive quantitative and qualitative survey of a large cohort of elderly people in France's Provence-Alps-Côte d'Azur region.

The findings from this initial survey will guide the development an innovative loss-of-autonomy prevention programme for this highly diverse population and then implement this in partnership with local stakeholders and users. Finally, they will assess the impact and effectiveness of the implementation of this campaign to fine-tune possible prevention solutions.

This project serves as the scientific pillar of the broader 'Bien Vieillir Ensemble' (Ageing Well Together) programme, which aims to prevent loss of autonomy loss among the elderly in the Alpes-Maritimes region. The programme also encompasses health and innovation initiatives.



Quantitative and
Qualitative surveys



Co-development
and Experimentation



Assessment and
Optimisation

Partnerships

Academic Partners in France: Laboratories Involved



GRENOBLE

SENS (EA 3742)

Sport et environnement social

NICE

CoBteK (EA 7276)

Cognition, behavior and technology

ESPACE (UMR 7300)

Etudes des structures, des processus d'adaptation et des changements de l'espace

IRCAN (UMR 7284)

Institute for research on cancer and aging

LAMHESS (UPR 6312)

Laboratoire motricité humaine expertise sport santé

LAPCOS (UPR 7278)

Laboratoire d'anthropologie et de psychologie cliniques, cognitives et sociales

TIRO-MATOs (UMR E4320)

Transporteurs en imagerie et radiothérapie en oncologie - Mécanismes biologique des altérations du tissu osseux

NÎMES

PROJEKT (EA 747)

Recherches en innovation sociale par le design

UPR APSY-v (ED 583)

Activités physiques et sportives et processus psychologiques : recherche sur les vulnérabilités

International Academic Partners



Imperial College London School of Public Health
United Kingdom



Université Européenne Ulysseus
European Union



Université Laval
Canada

Other Partners

More than 20 institutional and civil society partners contribute to the Pre.S.Age project.



These include public and private institutions dedicated to sport and health, as well as private-sector companies developing technologies to support the autonomy of elderly people. These collaborations enables research teams to leverage field and stay closely aligned with innovations in autonomy support.

Tech2Heal notably provides a platform for the rollout and management of the scientific project. The Azur Sport Santé association is mapping existing prevention structures and serving as a bridge between the Pre.S.Age project and associations or local authorities. The WeTechCare association supports the disseminating of knowledge to the general public and project participants.



Users are involved through a users' committee and focus groups, contributing to a broader social design approach.

Find Out More

If you are interested in the issues and challenges involved in the Pre.S.Age project and would like to find out more, the project's teams have put together a reading list of the latest scientific literature.

Ageing and Health through Sport

- Gautier, C., Racine, A. N., Fuch, A., Vuillemin, et al. (2023). [Evaluer les impacts socio-économiques du sport-santé en France](#) (Ministère des Sports et des Jeux Olympiques et Paralympiques), 68p.
- Philippe, A. G., Goncalves, A., Martinez, C., Deshayes, M., & Charbonnier, E. (2022). [Can an eight-session multicomponent physical exercise program reduce fall risk and fear of falling among the elderly?](#) *International journal of environmental research and public health*, 19(14), 8262.
- Zory R., Prate F., Hayotte M., Guérin O. (2023, 6 octobre). [Vieillessement : favoriser l'exercice physique pour prévenir le risque de dépendance.](#) *The Conversation*.

Changing Practices, Promoting Healthy Behaviors

- Bendeckkiche H., Viard-Guillot L. (2023, 22 juin). [15 % de la population est en situation d'illectronisme en 2021](#). INSEE, 4p.
- Boulton, E. R., Horne, M., & Todd, C. (2020). [Involving older adults in developing physical activity interventions to promote engagement: a literature review](#). *Journal of Population Ageing*, 13, 325-345.

- Conklin, A., Morris, Z., & Nolte, E. (2015). [What is the evidence base for public involvement in health-care policy?: results of a systematic scoping review.](#) *Health expectations: an international journal of public participation in health care and health policy*, 18(2), 153–165.
- Gisclard, B. (2020). [L'apport du design social aux politiques françaises de gestion des risques naturels. Contribution à une innovation sociale territorialisée.](#) *Ocula*, 21(24).
- Van Hoya, A., Mastagli, M., Hayotte, M. & d'Arripe-Longueville, F. (2022). [Bouger pour sa santé : une revue narrative des modèles théoriques de l'engagement dans l'activité physique à partir de l'approche socio-écologique.](#) *Staps*, 137, 35-56.

Epidemiology

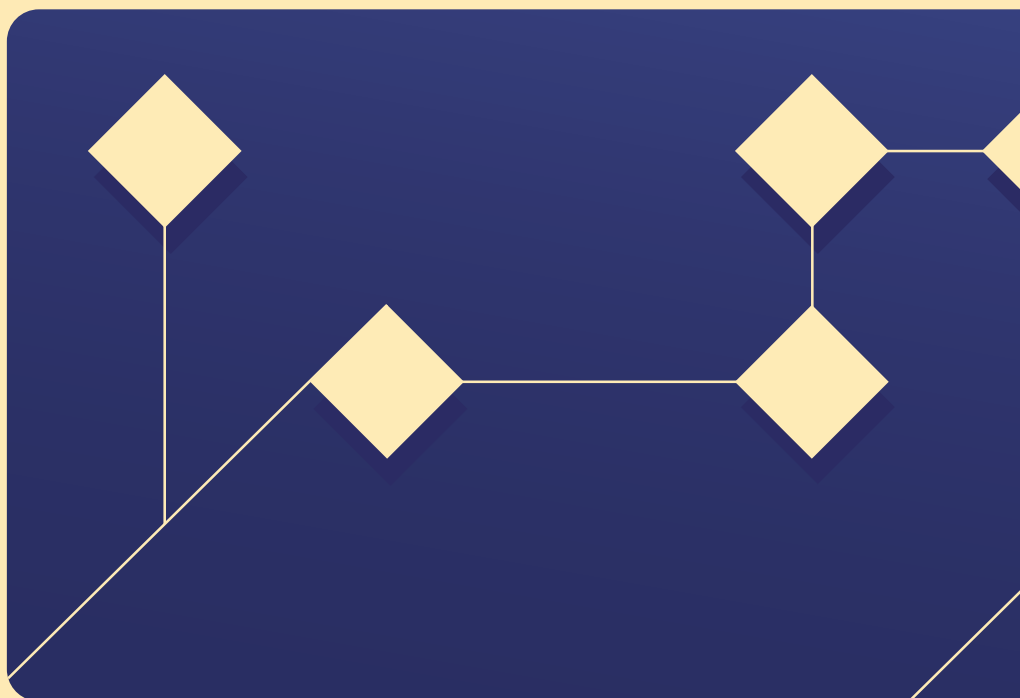
- Hawton, A., Green, C., Dickens, A. P., Richards, S. H., Taylor, R. S., Edwards, R., Greaves, C. J., & Campbell, J. L. (2011). [The impact of social isolation on the health status and health-related quality of life of older people.](#) *Quality of life research*, 20(1), 57–67.
- Lemaître, J. F., Gaillard, J. M., & Gilson, E. (2022). [Telomeres as a sentinel of population decline in the context of global warming.](#) *Proceedings of the National Academy of Sciences*, 119(35), e2211349119.

Partners



**Want to learn more about the project ?
Get in touch with us:**

ppr-autonomie@cnrs.fr



PPR Autonomie
Programme Prioritaire de Recherche

